



Please save the date for this upcoming opportunity to connect
with other St. Francis PARENTS!



Guest Speaker:
Mary Person

Mindful Teaching:
Tools to help young learners
manage their bodies, minds &
emotions

Wednesday January 16th
7:00pm
STFOA Library***

In Mary's own words...

I am a classroom teacher with several years of experience teaching and tutoring grades 5-12 in public, private, and international school settings. After establishing my personal mindfulness practice in 2015, I sought out mindfulness techniques to help my three school-age children through their sleep and social anxieties and emotion regulation challenges. The more I learned about the emerging field of mindfulness in education, the more passionately I believed that every child deserves to learn the simple but life-changing skills that mindfulness practices provide.

For information, please visit her website at:
<https://anchormindfulteaching.com>

***Childcare provided in EDP